

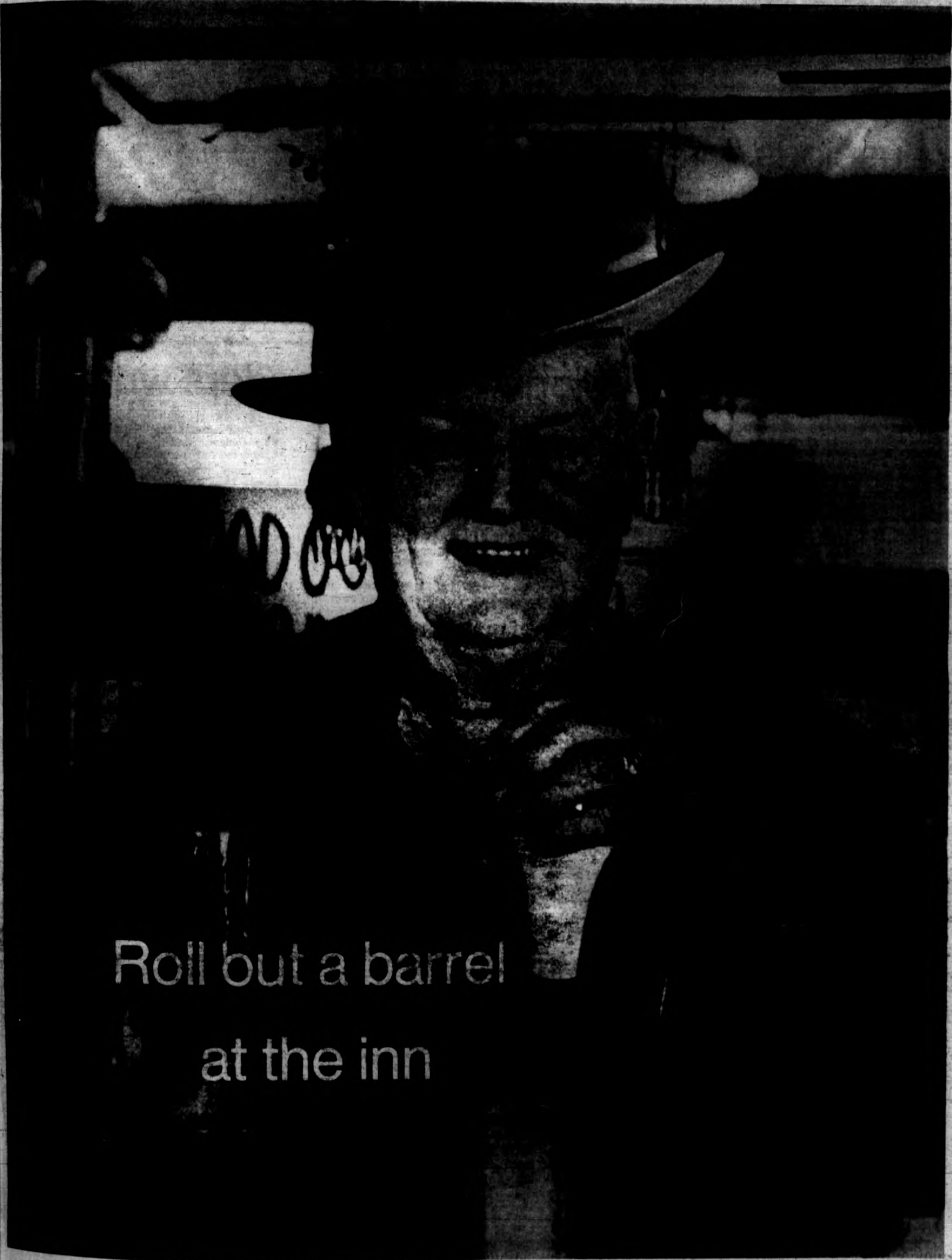
Carter Wins
Election results

Mustang Daily

Volume 41 Number 21

California Polytechnic State University, San Luis Obispo

Wednesday, November 3, 1976



Roll out a barrel
at the inn

Post election leftovers

You can breathe easier now—the elections are over.

The whirlwind of activity that is characteristic of political campaigns has died. Life is getting back to normal.

There aren't any Presidential debates to pre-empt "Bowling For Dollars." The TV news is back featuring murder and mayhem instead of politician's promises. The political commercials showing smiling faces no longer compete with Mrs. Olsen and your attention.

Gene are the full page newspaper ads denouncing the opposition. The Letter's to the Editor section has stopped carrying rebuttals from maligned office seekers. And, those candidate endorsement ads sponsored by people you never knew existed have vanished.

New you walk through the University Union Plaza without having campaign literature thrust in your face. You can feel

relief and knowing the stranger approaching you isn't going to badger you about some candidate or cause. The campaign is quickly winding down with only one question remaining.

Will the signs of this election linger on? Election billboards and posters sometimes have a tendency to remain up long after the race is over.

A telephone sampling of Republican and Democratic office seekers indicate none have made plans to remove campaign signs.

All of the spokespersons said they didn't know of any illegally placed signs—such as those on utility poles—and that most of the posters were placed on private property by individuals who agreed to take them down after election day.

Hopefully the signs will come down quickly instead of remaining up indefinitely. Who wants the candidates to run forever?

Luscious library on way

Cal Poly moved a step closer towards getting a new library to replace overcrowded Dexter Library. On Friday the director of the state Employment Development Department, Martin R. Glick, announced the proposal was selected for possible federal financing. The final decision will be made after a federal screening expected in January.

The library is estimated to cost \$11 million and will serve 2000 more people than the present building. For those of you tired of the spartan conditions in Dexter, the plans

include carpeting, air conditioning and a central courtyard to make it more livable.

Submitted with the library proposal was a plan to rebuild campus roads at a cost of \$242,000.

The federal funds for the construction would come from \$2 billion appropriated in the Public Works Employment Act of 1976. The act, designed to create jobs in areas of high unemployment, was passed into law over President Ford's veto.

Let's hope the future doesn't hold a veto for the library proposal.

Five cents of ecology

No painstaking research is required to prove that throwaway bottles and cans are, indeed, thrown away—along the beaches, along the highways and country roads, in the parks and all over town.

Finally, after nearly a year of study, the U.S. Environmental Protection Agency has decided to do something to cut down on litter on federal property. The EPA has outlawed the sale of beer and soft drinks in throwaway containers in federal buildings, in national forests and parks, on military bases and other federal facilities. The affected agencies and departments have 14 months in which to develop programs and put the new restriction into effect.

The EPA rules require a 5-cent deposit on all beverage cans and bottles. The consumer will get his nickel back when the container is returned.

The bottle-deposit law works. It has been successful in Oregon and Vermont. People take bottles and cans back instead of tossing them away if they have paid a deposit for

them. Further, the containers which are discarded are picked up by others because they are worth something if they are turned in.

In Yosemite National Park last summer, 72 per cent of the containers were returned for a refund when a 5-cent deposit was required on all beverage cans and bottles sold in the park.

We welcome the EPA regulations and salute the Yosemite National Park's bring-'em-back deposit rule, but these are no substitute for a national bottle bill or state law banning throwaway containers.

An attempt to enact such a law in California was made at the last session of the legislature. Unfortunately, because of intense lobbying activities by the bottle and can manufacturers, it died on a 4-4 tie vote in the Senate Natural Resources and Wildlife Committee.

The bill should be revived and enacted during the next session.

Reprinted from Fresno Bee

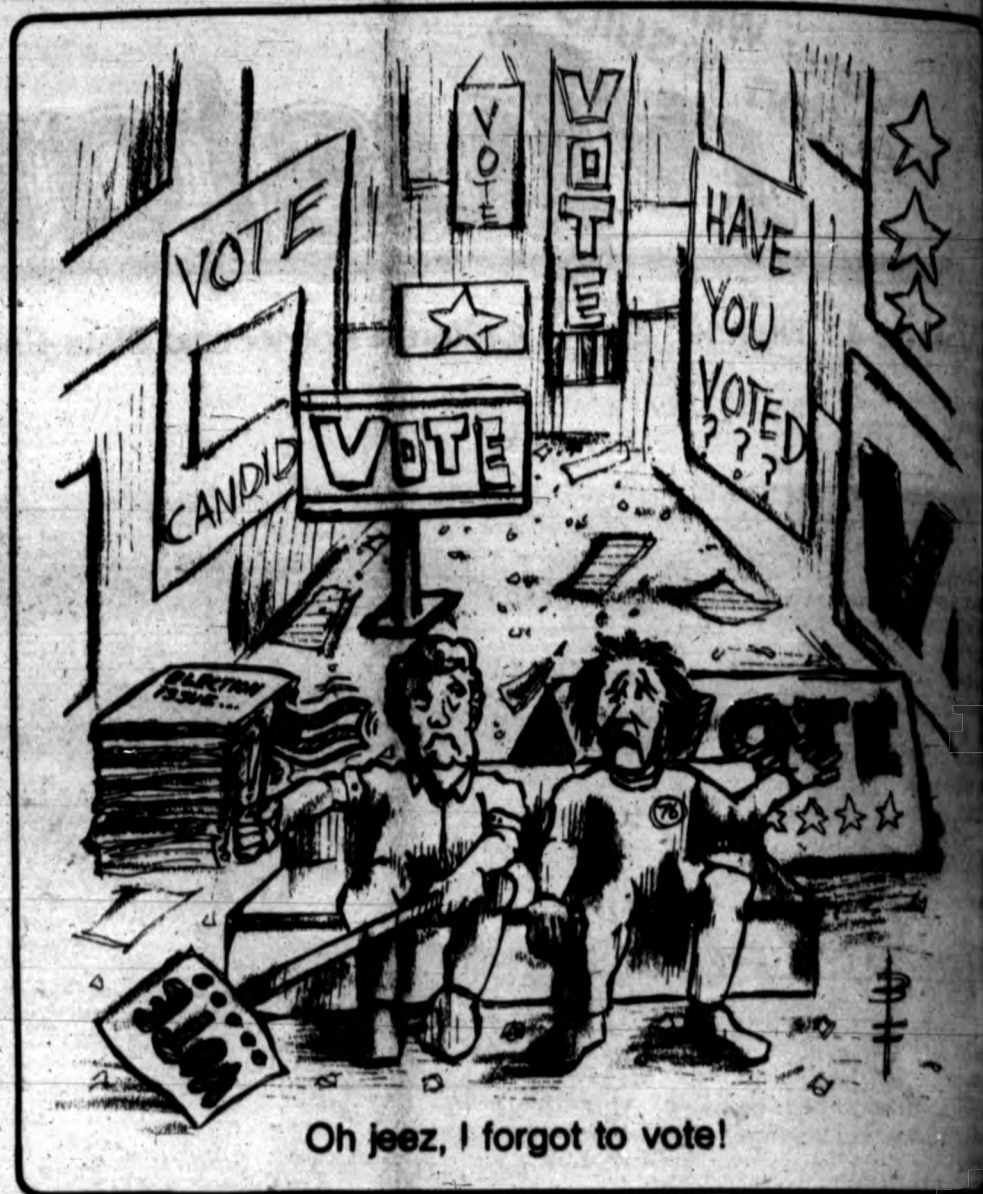
Graham moves minds as well

She modestly attributed the honor bestowed upon her at the White House last Thursday to "a new attitude toward the arts and dance" in America. But Martha Graham has been as responsible for that new attitude as anyone in the past 50 years.

The Medal of Freedom, which President Ford presented to Miss Graham, is the

nation's highest civilian award. But an even higher award is the gratitude of people throughout the world whose lives have been enriched by the persistent efforts of one woman to press new forms and innovative shapes on the staged images of the dance.

Reprinted from the Boston Globe



Our readers write...

Editor:

Although it has received very little attention in the paper, the Finance Committee or SAC, our elected representatives were asked last week to approve a plan which would put nearly

\$29,000 received from the State of California for "Instructionally Related Activities" into a savings fund for future years.

While this money is provided to the campuses for helping to meet the costs of musical activities such as the marching band, agricultural judging teams, publications and so forth, it seems that none of it will go to help those activities, some of which are badly underfunded.

In February 1975, the Poly students voted to keep a full ASI fee. At that point, this new money from the state was allocated. At that time we were told that new programs might be started and that Instructionally Related Activities could then be "fully funded" with money coming from ASI and the state. I would like to know just how much of an increase these activities have received since then.

I suppose that the Finance Committee thinks they are looking out for the future of their officers and staff, but shouldn't they also look out for the present life and the future of these very important parts of student life?

Marlene McCutcheon

Editor:

In a recent issue of the Mustang Daily, the (?) interview with Robert Bond was given space in print. Granted that a person's opinion is something to which all should be entitled, concomitant also is the need for agreeing that opposing opinions have the same opportunity.

I found Robert Bond's objection to the Cal Poly instructional philosophy without substantive justification, unless you accept that his oft repeated barnyard expressions were used to provide that substance.

And it was then that I arrived at the conclusion which recognized why his expressions and opinions were molded of the same barnyard substance.

Millard J. Fetter
Department of Industrial Engineering

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About The Cover

The Santa Margarita Inn has been collecting atmosphere since 1925. Owner Frank Christiansen adds Elephant beer, poker and pizza to make the old bar a popular watering hole. See story on page 1. (Cover photo by Mary Reardon)

Letters

Mustang Daily welcomes letters from all viewpoints. Length of letters should be limited to 150 words—typed and double spaced. Letters will not be published

without a signature and student I.D. number. We reserve the right to edit for libel and length. Sorry, but no poetry is accepted. Bring letters to Graphic Arts, Room 226.

Carter and Ford: A photo finish

WASHINGTON (UPI) Jimmy Carter moved into an impressive lead over President Ford in their battle for the White House early Wednesday, winning Texas, Pennsylvania and nearly all the South and fighting seesaw battles in pivotal industrial states.

comeback chances lively and the 1978 presidential race undecided by punching through in the vote-rich Northeast with a win in New Jersey, holding a thin lead in New York and a lead in Ohio—a must-win state for him.

The 12:40 a.m. EST

Wash. DC-- Carter wins--2:57 EST

Carter had more than three quarters of the needed electoral votes clinched shortly after midnight eastern time, and was running slightly ahead of the incumbent Republican President in Illinois and in Ford's native Michigan. But Ford kept his

national vote for President with 64 per cent 114,230 out of 178,150 of the precincts reported: Carter had 27,022,716 or 51 per cent, Ford had 25,331,008 or 46 per cent, Eugene McCarthy had 407,504 or 1 per cent and Lester Maddox ran a distant fourth with 105,905 votes.

Democrats control House and Senate

WASHINGTON, UPI—Democrats kept control of the US Senate in Tuesday's election and rolled to continued dominance of the House.

The Democratic drive was spearheaded by the victory of Daniel P. Moynihan, the former UN ambassador, over Sen. James Buckley in New York; Rep. Paul Sarbanes who defeated Sen. J. Glenn Beall in Maryland and former state Democratic chairman James Sasser who beat Sen. William Brock, R-Tenn.

Two Democratic incumbents lost. Former Indianapolis Mayor Richard Lugar beat Sen. Vance Hartke D-Ind.; and Sen. Joseph Montoya, a Senate Watergate Committee, lost to former astronaut Harrison Schmitt in New Mexico.

The Republicans also won Democratic seats in Rhode Island and Missouri where incumbents were not running. But GOP hopes for

major inroads were stopped by a team of Democratic warhorses—such names as Edward Kennedy of Massachusetts, Edmund Muskie of Maine, Hubert Humphrey of Minnesota and William Proxmire of Wisconsin—who won easily.

In Michigan, Democratic Rep. Don Riegle, whose campaign had been marred by revelations he had an extramarital affair with a Capitol Hill secretary, beat Republican Rep. Marvin Esch for the seat vacated by retiring Democratic Sen. Philip Hart.

While there were eight turnovers in the Senate—and the promise of more as the returns rolled in—the picture in the House of Representatives remained static. In the first 200 House races called, just three seats changed hands—all Democrats losing to Republicans.

Democrats will hold a majority in the House of the 96th Congress much like the present.

Early local poll returns

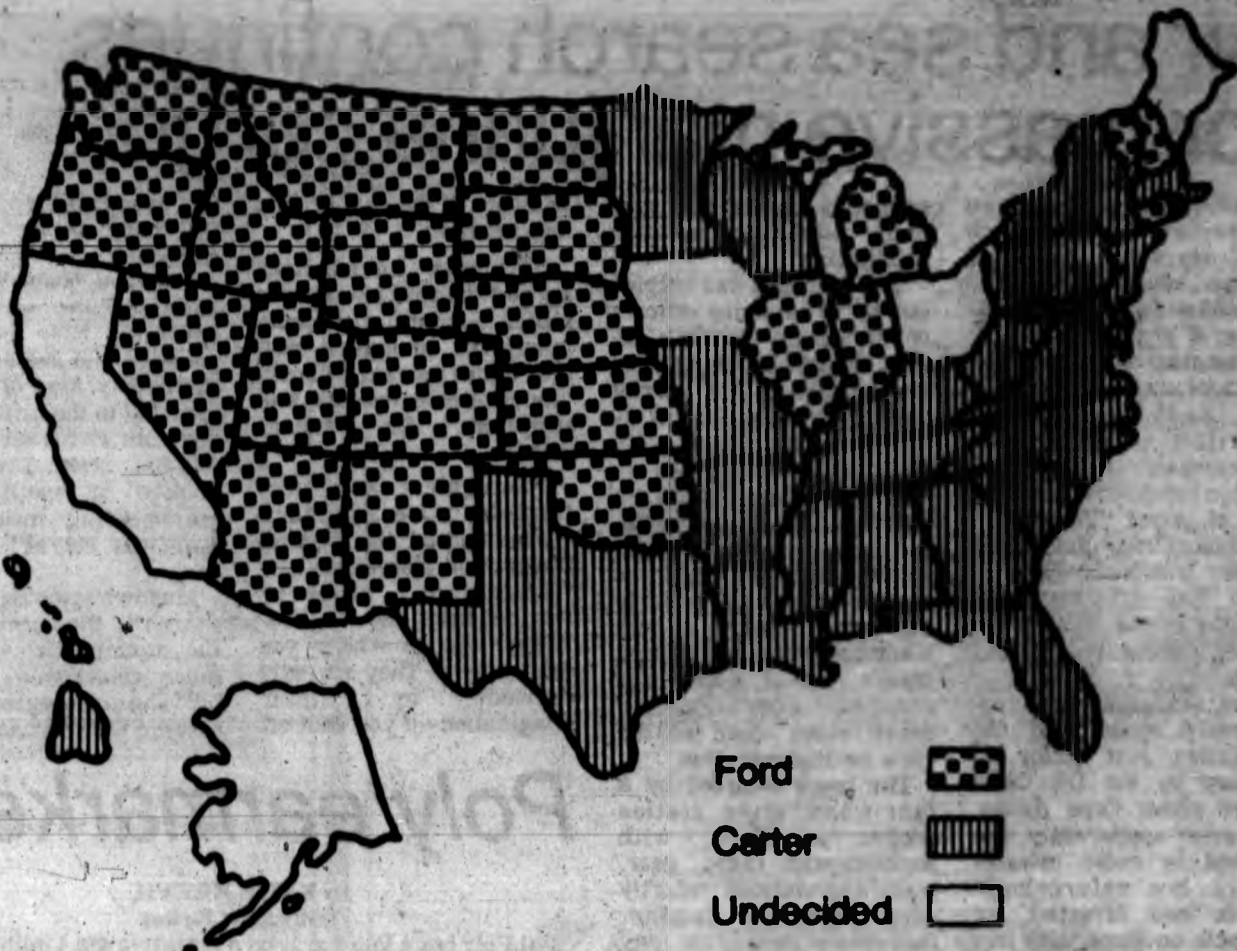
In the local race for the House representative from the 16th district, Leon Panetta was ahead of Bert Falcott with 58 per cent of the vote to 41 per cent for Falcott, with 28.5 per cent of the vote counted.

Bob Nimmo was leading the race for the 17th district State Senate seat with 52.2 per cent of the vote. Challenger Phil Harry had 47.4 per cent. Carol Hallett led the race for the 20th Assembly district with 56.5 per cent to Martin Dodd's 43.4 per cent.

With only 10 per cent of California's votes tallied, Sam I. Hayakawa was ahead in his bid for US Senator with 58 per cent against incumbent John Sweeney's 41 per cent. This

early figure was largely influenced by absentee ballots.

In the supervisorial races, with 44 per cent of the vote tallied, Kurt Kupper and Richard Krenja appeared to be ahead. In the third district, Kupper had 58 per cent compared to challenger Bob Frantz' 42 per cent. Incumbent Krenja from the fifth district was leading with 55 per cent over Homer Odom's 44 per cent.



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Air and sea search continues for massive marijuana cargo

Authorities continued an extensive air and sea search for narcotics believed dumped during a 40-mile sea chase that ended in the arrest of 16 persons and the confiscation of \$40 million worth of contraband.

A San Luis Obispo sheriff's department spokesman said they believe between five and ten tons of potent "Thai-stick" marijuana may have been thrown overboard offshore from San Simeon point Monday by the crew of the 78-foot fishing boat, Dong Phat.

The four-man crew apparently abandoned the narcotics just prior to capture by the US Coast Guard cutter Cape Hedge. The crew apparently was warned by radio minutes before law enforcement agents had arrested ten suspects on shore with five tons of the high-grade marijuana.

The apprehension of the Dong Phat and a second smaller yacht, the 30-foot Jasmine and suspects, climaxed a five-day, around-the-clock surveillance of an isolated cove near the famed Hearst Castle.

Officials are calling the confiscation one of the largest single marijuana seizures in history.

Authorities have estimated the "street value" of the apprehended contraband at up to \$40 million, although some

narcotics experts said such value estimates are often misleading.

The operation was carried out by 35 narcotics officers of the county sheriff's office, the Los Angeles Police Department, US Drug Enforcement Administration and US Customs agents.

Acting Sheriff Tom Storton estimated the marijuana was brought ashore late Sunday and was transferred by small boats to the beach, where it was loaded onto several waiting trucks, one of which was stopped approximately seven miles south of the cove on Highway One.

The truck escorted by a four-wheel drive station wagon equipped with sophisticated radio gear, was apprehended shortly after midnight Sunday. Suspects in the station may have radioed a warning to the Dong Phat, according to Sheriff's Capt. Tony Woods.

According to a sheriff's department spokesman a second truck driving without lights was found later, after the driver apparently lost control of the loaded vehicle and careened into a gully near the drop-off point south of the cove.

Fourteen suspects had been arrested by Monday afternoon when the second boat, the Jasmine slipped into the isolated cove. Narcotics officers quickly apprehended the boat's skipper Richard L. Wilson, 55 of Wilmington and William T. Edgar Jr., of Cambria.

A sheriff's department spokesman said they believe Wilson expected to pick up the smugglers in the predawn hours and was

unaware of the earlier raid and arrests.

Although authorities agreed the raid smashed a major Southern California marijuana smuggling ring they admit the raid will only "inconvenience dealers and suppliers" for several months.

"Smugglers are very flexible," Joe Flanders, spokesman for the Federal Bureau of Narcotics said yesterday in a phone interview from Los Angeles. "They will go where you don't expect. They are only limited by their imagination—if you shut off

the ocean traffic, they will fall back on air or land trafficking.

The two boats allegedly used in the smuggling operation have been impounded and are docked at Morro Bay. Most of the men arrested in the raid were in their 20s and from the Los Angeles area. They were booked on suspicion of transporting marijuana. Bail was set at \$100,000 each.

Meanwhile the air and sea search of the ocean over a 100 square-mile area for more contraband dumped by the smugglers will resume today at dawn.

Poly earmarked for \$38.4 million

by KATIE KEEVIL
Daily Staff Writer

Cal Poly has a loose grip on a tentative \$38.4 million share of the \$644.5 million California State Universities and Colleges' 1977-78 budget approved by the Board of Trustees last Thursday.

The budget for the 19-campus system now must go to Gov. Jerry Brown and then the state legislature for revisions or deletions before it is sent back to the governor for final approval, according to Cal Poly Pres. Robert E. Kennedy. He said the budget should be approved by July 1, 1977.

Poly is asking for a \$1.6 million or 4.5 per cent budget increase over the present academic year, Kennedy said yesterday. The increase was requested, he said, to cover such as gas and oil price boosts and cost of living increases in salaries.

Kennedy predicted the statewide budget probably would not be approved as is.

"Governor Brown is not too enthusiastic about higher education extra costs," he said.

The tentative budget is divided into three sections. Kennedy said he thinks both the baseline budget, which involves legally mandated programs that can't be changed by the board of trustees and the program maintenance budget, which follows the present year's budget except for allowances for increased student enrollment on CSUC campuses, may be approved. He said the program change proposals, which involve "things we'd like to do," were less likely to be approved.

"In the last category, Brown and the legislature haven't given too much," said Kennedy. "On the basis of the history

of the program change proposals over the past few years, the chance of getting anything is problematical, especially when the governor and legislature say we should be able to do more with less."

Part of the 19-campus budget of \$644.5 million—up 10 million or seven per cent over this year's budget—would be used for program change proposals such as a \$4 million program to hire teachers for remedial English classes. Kennedy doubted this particular program would be approved.

"They are just speculative and it may encourage them (the governor and legislature) not to approve them. So, I'd rather not say."

Kennedy said some requests cut from the this year's budget were placed again in the 1977-78 budget. He was optimistic that the requests would be passed this year.

Kennedy said he had no idea of the magnitude of the deletions, which could mean a serious financial problem for the CSUC campuses.

Asked how possible deletions may affect Poly, Kennedy said he did not know if there would be "pressure placed on the students." He said the chancellor of the 19-campus system, Glenn S. Dumke, and the Board of Trustees are in record as being in favor of adopting student tuition fees to alleviate financial woes. Kennedy stressed that no part of student registration fees now go toward instructional funding.

"I'm not in favor of tuition and never have been, contrary to the chancellor and Board of Trustees," said Kennedy. "I think higher education is good for society as a whole, not just for individuals. All of society ought to be paying for it."

Forensics sweep collegiate contest

The Cal Poly Debate Squad is off to an excellent start this year, says the group's advisor, Dr. James Conway of the Speech Communications Department.

The squad won the sweepstakes title at the annual Los Rios Invitational Forensics Tournament held at Sacramento City College October 22 and 23, beating U.C. Berkeley and Cal State San Francisco.

Conway said the tournament victory was important in placing his squad in the national ratings, but that it would take more wins to secure a high standing.

Conway said the squad will send small teams to tournaments in Stockton, at U.O.P. and at Arizona State U. at Tempe, and a large

team to a Cal State Northridge tournament November 19 and 20.

Members of the squad who placed, the event and division are as follows:

Lincoln-Douglas Debate—Carl Sawtell, third place senior; Larry Robinson, second place junior; Jim Hendry, first place novice.

Persuasive, novice—Ed Shaw, finalist; Ted Vinatieri, third; Judy Steiner, finalist.

Duet Acting, novice—Judy Robbins and Ted Vinatieri, first.

Speech to entertain, open—Judy Robbins and Steve Kay, second.

Oral Interpretation of

Literature, novice—Brenda Taylor, third.

Impromptu, novice—Tim Ferris, second.

Cal Poly was one of 19 Northern California universities and colleges to participate in the tournament, and had a team of 17 competing out of a total of 275 students.

Homecoming concert bill altered

Country Joe McDonald has replaced Gino Vannelli as the headline act of the Saturday, Nov. 6, homecoming concert. Vannelli cancelled his contract with Cal Poly for undisclosed reasons.

Third World, an authentic Jamaican reggae group, will be the backup act. The group, whose music is influenced by that of Booker T and the MGs and Santana, has just finished a six-week tour of the bay area.

The concert will begin at 8 p.m. in the Cal Poly Gymnasium. Tickets are available only at the U.U. desk. Prices are students, \$3.50 general, \$4.50 reserved; faculty and alumni, \$4 general, \$5 reserved.

The concert is open only to Cal Poly, Cuesta and Alan Hancock students, faculty and alumni.

Violence mars Puerto Rico elections

SAN JUAN, Puerto Rico (UPI) - One and a half million Puerto Ricans voted Tuesday in the "dirtiest election" in the island's history in which one youth was beaten to death and a mayor was shot in the final hours of the campaign.

Campaigning in what Gov. Pafael Hernandez Colon called "the dirtiest election in Puerto Rico's history" was in full swing until the polls closed at 2 p.m. 1 p.m. EST, with partisans of the rival parties giving radio and television appeals up to the last moment.

Under Puerto Rico's lock-in voting system, voters gather at polling station under a 2 p.m. deadline

while guards carrying clubs keep order permitting no one to leave until the ballots are counted and making sure they coincide with the number of persons inside.

An expected 85 per cent of Puerto Rico's 1.7 million registered voters were expected to vote for the governor, the bicameral legislature, and the mayors of 78 municipalities.

In pre-voting violence, a young gunman shot the mayor of the town of Humacao in eastern Puerto Rico in the leg after he stopped his decorated campaign truck Monday night to help him fix a flat tire, police said. Juan M. Higgins, running for re-election as an independent,


was hospitalized with a superficial wound.

In Carolina, a suburb of San Juan, one man died and two were injured when a carload of youths brawled with supporters of the pro-Commonwealth Popular Democratic party.

Hernandez, leader of the pro-Commonwealth party, is fighting for another four-year term against the pro-statehood New Progressives, led by Carlos Romero Barcelo, the mayor of San Juan.

Puerto Rico's two major parties, the Popular Democrats and the New Progressives, do not have a formal affiliation with the Republican and Democratic parties in the United States.

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Bartender-owner Frank Christiansen pours a cold one at the old Santa Margarita Inn.

(Daily photo by Mary Reardon)

Inn offers ale, fun

by FRANCES C. JENSEN
Daily Staff Writer

The paint is chipping away, the screen door squeaks and like most old established bars, neon beer signs flash from its shaded windows.

Santa Margarita Inn, built in 1925, is the oldest bar and wine bar along Highway 101 from Los Angeles to San Francisco, according to owner and barkeeper Frank Christiansen.

"It used to be a bootlegging operation during prohibition, but when prohibition ended it turned into a bar," he said. "And now, we serve the oldest beer in the county."

The inn, situated along Santa Margarita's main drag, has been a favorite haven for old locals, passing travelers and young folks alike. Many Cal Poly students catch the train as it sits in San Luis Obispo and take it up to Santa Margarita just so they can have a drink of "Frank's Elephant beer."

The "Elephant beer" is the specialty of the house. Carlsberg Elephant Beer, imported from Copenhagen, Denmark, is popular not only because of its taste, but also because of its 17 per cent alcohol content.

"The taste is hearty, but not overpowering," said Don Kansteiner, a Cal Poly senior Ornamental Horticulture major. "It goes down real easy."

For those beer drinkers who prefer a milder, more American taste, Christiansen also serves seven per cent Budweiser which he gets from St. Louis, Missouri. Most Budweiser served in California has a 3.3 per cent alcohol content.

But one does not frequent Santa Margarita Inn for beer alone. To compliment the beer is a pizza that can easily feed three grown men.

"I have to make sure that there are a couple of people with me before I order a pizza," student Kansteiner admits. "It only comes in one size: huge."

Food and drink--what more could one ask for?...A game of poker? The inn has that as well. The sign tacked on the wall reads: "No Ball Poker--All players welcome--\$20, No Limit." There are 32 games an hour and during the course of the night perhaps \$100.00 will change hands.

"The biggest win we have ever had is \$17,000. That

happened a few years back," Christiansen said. "Most of the time winners take home anywhere from \$10 to \$1,300."

If the stakes sound a bit high for the student's pocketbook Santa Margarita Inn also offers a simple game of shuffle board for only a dime a player. For game addicts, there is a room filled with such novelties as a bowling alley, an IQ tester, a pong game, and of course, a pin ball machine.

The walls around the bar and poker room are decorated by 50 and 60 year-old illuminated beer signs.

"They are all collectors items. The oldest sign that I have is a Michelob sign which is about 60 years old," said Christiansen. "I got them all from Mrs. Adolph Busch--as in Anheuser-Busch."

Christiansen explained that he has known Mrs. Busch for years and visits her about once a year at her 26-room mansion in the Grand Teton.

"When she throws a party, she has a bar 80 feet long. It will be covered with all kinds of food: fish on ice, roast, steaks, eggs--everything you can think of."

Occasionally, live entertainment will come to the Santa Margarita Inn. It is never planned, Christiansen said.

"If the musician drops in and wants to play, then he plays."

Besides running the bar, Christiansen also is an avid flyer. He owns three planes which he charts out of Van Nuys airport. He owns property in Palm Springs, Rialto and New York, but prefers to live in an apartment which he owns behind the inn because he said, "I like the country."


It's the people that Christiansen enjoys as he works at the inn.

"The people are nice. I'm always meeting people I like. I don't get people who are trouble makers--they are all nice," he said. "Cal Poly students are good customers."

"I come to Santa Margarita Inn because of Frank," Kansteiner said. "The place has it all--cold bud, cold Elephant beer. It has the best beer in the state as far as I'm concerned. I haven't tasted anything better yet. What more could I want besides a shuffle board, pizza, old time music and people?"

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Question and answer

The science of eating as seen by Marjorie Cho



MARJORIE CHO — food and nutrition instructor: "Students can definitely get into a rut if they don't select their meal wisely. In fact that's where I think the problem lies — students often times do not select a balanced and nutritional diet." (Daily photo by Ken Creley)

by KRISTY MELLIN
Daily Staff Writer

To Marjorie Cho food is more than three meals a day—it's a way of life.

Dr. Cho is a food and nutrition instructor in the Cal Poly Home Economics Department. She joined the staff in the fall of 1975.

Cho's devotion to the field of nutrition traces its origin back to Cal Poly, when her interest in the world of proteins and cholesterol was sparked when she was an undergrad studying with Dr. Sarah Burroughs.

"I remember," she said, "during maternal child nutrition class, Dr. Burroughs would always give you a bit of information then add, 'but we don't know something about this other related area.' I thought that as a graduate student that I might be able to do some of this research."

At that time Cho's career goals were to teach, but she missed those plans, applied and was accepted in the Nutrition and Dietetics program at Kansas State where she completed both her masters and doctorate.

"Nutrition is a fairly new science if you compare it to physics or chemistry. You can do so much in this area," she said.

Cho has a special interest in clinical nutrition. She followed this interest into a position as clinical resident at Ohio State University. She has found that physicians are often at a loss when questions come up and nutritional help is needed. She explained that often times physicians have had very little training in this "oh so important" area.

The field of nutrition is ripe, according to Cho. Jobs and positions for nutritionists are always popping up. She cited offers that had been made to her after graduation. But she still came back to Poly.

"I really like to get the students excited about the area of nutrition. So many people think that you get a degree and then go to work for a hospital and that's it. There is a need for nutrition education," she said.

Quite naturally, the 27 year old Cho loves to cook but she commented that she's single and hates to feed only herself. So a favorite past time is seeking out malnourished men and inviting them to dinner. If you fit the description Cho can be reached at...

Mustang Daily: For students on a limited budget, what foods would you suggest they purchase to best satisfy their daily nutritional needs?

Cho: Fresh vegetables in season and the use of either dry or fresh non-fat milk are my best suggestions. At the moment chicken and beef are both good buys and students might want to consider their purchase. Also, usage of dried legumes such as lentils, split peas, and garbanzo beans can cut the food budget. Eggs are still a good bargain if you consider their nutritional value.

MD: Are students who utilize campus food services provided with a nutritional meal?

Cho: Yes, they are provided with a very well balanced meal. I did notice that they have a lot of cakes for dessert and these have lots of calories and very little nutritional value. Students can definitely get into a rut if they don't select their meal wisely. In fact that's where I think the

problem lies—students often times do not select a balanced and nutritional diet. I sometimes think that the students contribute all the calories in a meal to desserts and they really shouldn't do that as entrees can be very high in calories too. In fact, proteins and carbohydrates are equivalent with regards to calories. People generally have a misconception on this point. They think if they eat out dessert, or bread or potatoes they've cut out the fattening calories. What they forget is that the way their meals are prepared can add many, many calories.

MD: Student schedules are often arranged in such a fashion that a meal must be missed during the day. Is there one meal that is better to miss than another?

Cho: I would say that it is very important not to skip breakfast just because there has been such a long time lapse between then and the last meal. If a student must miss lunch, he should make a conscientious effort to select a good snack either at mid-morning or in the early afternoon. I would suggest either nuts, fruits or a sandwich instead of coffee and doughnuts or french fries. Even an ice-cream cone would have some calcium and small amounts of protein.

MD: Can pre-packaged fast foods take the place of foods which require preparation time?

Cho: There is one big drawback to those types of foods—a person is not required to learn and apply good nutritional principles. It can take more time and energy to plan a nutritional snack. Certain pre-packaged foods are formulated to be somewhat balanced but usually any ready to eat meal lacks many of the trace minerals which scientists are beginning to recognize as important to the body. Examples of these minerals include copper, fluorine and zinc. Also, many of the fast foods lack some fiber because producers use more refined ingredients in their production. I'd have to say that all ready to eat foods can neither be classified as all good or all bad. The range is endless. I could mention some that do contain a variety of nutrients like Carnation. Slender on down to those that are almost all sugar and contribute more to obesity than anything else like Ding-Dongs.

MD: Can a general vitamin/mineral supplement take the place of the same foods which they are contained in?

Cho: Vitamin pills cannot take the place of foods. They lack both the needed fiber and trace minerals.

MD: For a vegetarian diet to be complete, what foods must be added to replace vitamins and minerals lost with the deletion of meat and dairy products?

Cho: First we must define vegetarian diets. There are two basic types. First there is the Pure Vegetarian. This individual has chosen not to eat any animal products. The second type is known as the Ovo-Lacto-Vegetarian. Individuals practicing this style do include dairy products and eggs in their diet. Individuals on the latter type of diet have no difficulty obtaining all the necessary products needed for proper functioning. However, those who are classified as Pure Vegetarians must plan meals very wisely otherwise they may fail to include all the high quality protein that is needed by our bodies. For example, a Pure Vegetarian would need to know the correct combination of foods which provide the essential amino acids required for growth. Rice and beans eaten together will provide these amino acids. Wheat and soy beans are another complete combination as are peanuts and bread. Pure Vegetarians may not be getting an adequate amount of vitamin B-12 as that only comes from animal protein. They also may be low in riboflavin intake and calcium intake unless they eat an abundance of leafy green vegetables. Individuals who do not eat a pure vegetarian diet get the majority of these substances from milk.

MD: Are Americans as food conscious as they should be?

Cho: There is definitely a need for a greater emphasis of fresh fruits and vegetables in the American diet. In this area we are lacking. On the other side of the coin however, it appears that Americans eat two times more protein than is needed daily. A current fad of sorts that I can site is the cry for bran, bran, bran. It's true we should make a greater effort to eat more fiber in our diet but I think maybe it's being overdone. You don't have to eat bran three times a day to satisfy this fiber need. Anything that's new people seem to capitalize on it. Overdoing anything can be dangerous.

Classifieds

Announcements

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KEYPUNCH OPERATOR The Office of Technical Services, County of San Luis Obispo needs an evening data entry person. 30 hrs/week, 5 p.m. to midnight. \$3.74/hr to \$4.58/hr depending upon skill & experience. Call Debbie Cockrell, 543-1888 ext. 331 for details.

NUTRITION COUNSELING at the Student Health Center. Daily 11-noon, 2-3 p.m. Diets assessed, and questions answered.

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Housing

Mustang Village apartment contract for sale female starting Winter negotiable. 544-3320 Barbara.

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Single room for sale female only. Banner Glen contract. Negotiable. Call 543-7285.

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For Sale

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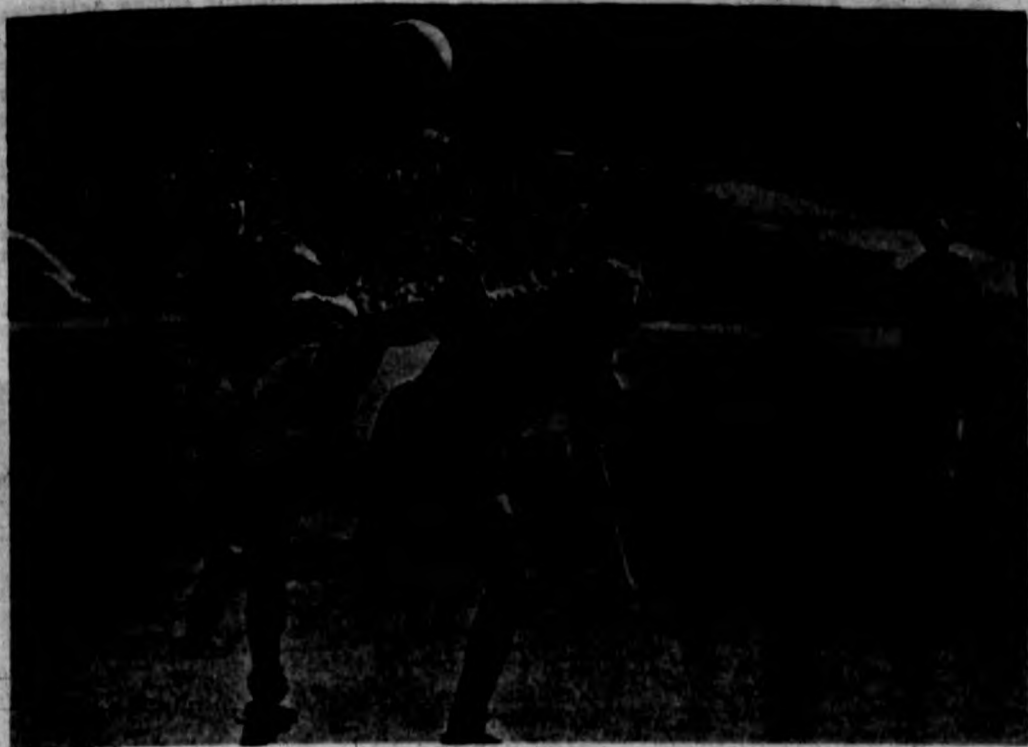
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Cal Poly soccer player gets a foul into the ball as Riverside player shows his displeasure. The Highlanders were none too happy with the officiating and walked off the

field in protest with 15 minutes left in the contest. The Mustangs won handily, 3-1. (Daily photo by Mary Reardon)

Poly wins disputed game

by MIKE McCLANAHAN
Daily Staff Writer

Despite heavy mud, numerous player ejections and the entire University of California at Riverside team walking off the field in protest, the Mustang soccer team rebounded from a weak first half and soundly beat the Highlanders 3-1 at home.

Saturday afternoon bloomed warm and sunny, providing a perfect day for soccer action, but the right side of the field on the south end was still muddy from recent rains and caused treacherous footing in that area. During the game's first half, Cal Poly's offense was hampered because of the mud and limited to attacking from the center and left side of the field. UC Riverside drew blood when they scored a goal late in the period and led at halftime 1-0.

"Actually we controlled the ball in the first half, but when we got the ball in good field position we just couldn't score," commented Mustang soccer coach Manuel Casillas after the game. The poor condition of the field prevented any quick movements to the advantage of their defense and it hindered both teams.

According to Casillas, from the beginning of the game the referees adjusted to the poor conditions of the field by misjudging slips for fouls.

"The refs were overcompensating for the muddy field, and it was hard for them to differentiate between slips or intentional fouls," said Casillas, "so during halftime, I approached the officials and suggested they call a stricter game. There hadn't been any complaints from the Riverside players about the officiating in the first half, but their coach did agree with my suggestion."

The second half of the game began with both teams being notified of stricter calls by the officials. Suddenly the Mustangs struck with a goal which evened the score and reversed the tide of the contest. At that point an incident occurred involving two players,

one from each team, who were both kicked out of the game for "shanking" (intentionally kicking an opponent's legs). Another Riverside player was ejected at the time when in the official's opinion he displayed unsportsmanlike conduct over the matter.

Throughout the remainder of the short-lived second half, the Mustangs wore the Highlanders down by controlling the ball with excellent passing and teamwork. The Riverside team soon ran out of gas and became very frustrated while the Mustangs executed remarkable offensive goals.

After Bill Guernsey booted two more goals, boosting the Mustang's lead to 3-1, a third Riverside player was ejected for "shanking" after being warned earlier about his play. This ejection angered the entire Riverside team and they consequently walked off the field in protest of the decision. The Riverside players congregated on the far side of the field with their coach and displayed anger at the officials by finally deciding to quit the game in protest. Fifteen minutes were left to play.

"The key to our victory was unity...a real team effort," commented Casillas. "Our players were in superior physical condition and as a result we were UCR down in the second half. Having the dry end of the field in the second half also helped our offense to move quicker."

"Joe Bonchensky, our inside halfback, was very strong on offense and defense. He managed to control the mid-field area which really contributed to our win. Bob Gaddini displayed a lot of hustle at center-forward and Bill Guernsey played a solid offensive game, scoring all three of our goals."

Future home soccer games include a contest with Cal State Los Angeles Friday at 2:00 p.m. and a confrontation with the University of Nevada, Las Vegas, scheduled for Sunday at 10:00 a.m. Mustang soccer games are played on the field under the track.

The enlarged NBA professional basketball league has begun its 1976-77 season and for the first time in athletic history the new "expansion" teams have held their own and even won a few games.

Of course, the four new teams are not made up of also-rans but represent the disbanded ABA league.

The four teams, the Denver Rockets, Indiana Pacers, New York Nets and San Antonio Spurs have opened with a combined 11-12 record. Denver, which is favored to win the weak Midwest Division, has yet to lose a game. They are 4-0. In second place is Indiana at 3-3.

(continued on page 8)

Cal Poly feels division shrink

by PAUL JARVIS
Daily Staff Writer

Flourishing since 1939, but floundering in recent years, the California Collegiate Athletic Association has apparently found it necessary to bolster its dwindling team memberships in football and baseball.

For example, if the Mustang football team can defeat sister school Cal Poly Pomona on Nov. 13, it will recapture the CCAA football title for the first time since 1973. However, this feat will be diminished by the fact that Cal Poly will be the champions of a three-team league—Cal State University Northridge being their only other defeated foe.

The CCAA had five league members for football last season but was reduced to minuscule and meaningless proportions when two-time defending champion University of California at Riverside decided to drop its football program. The league was further diminished when Cal State Los Angeles, which suffered through a dismal 1-7-1 season, chose to drop to Division III level of competition.

"The conference hasn't been a big deal for seven or eight years," explained Mustang head football coach Joe Harper last week. "With only two conference games we are basically already an independent."

Amassing an impressive overall record is the goal of the football program in regard to the possibility of post season play. The CCAA football champion hasn't always been guaranteed a berth in the elimination tournament for the Camelia Bowl.

"We thought CCAA football would be dropped," said Harper. If it eventually is dropped, the grinders will be forced to function as an independent. "The idea then would be to attract some out of state Div. II schools," Harper concluded.

"Going independent might be our only choice if we can't get a good Div. II league together," Cal Poly Athletic Director Vic Buccola said. According to Buccola, negotiations are going on with other west coast football schools in an attempt to create a strong conference.

Because of the disintegration of the CCAA as a football conference, the Mustangs have had a difficult time scheduling opponents. Cal Poly had only six games scheduled as late as last May.

"It's nice to be able to have the pride of winning the conference," said Buccola. "It gives the

athletes something to strive for."

Last season the CCAA was down to four teams in baseball. Although conference winner Cal Poly Pomona went on to win the NCAA championship, other teams were needed to bolster and lend stature to the conference.

This season the CCAA will play three associate members in baseball—the University of San Diego, Chapman College, and the University of California at Irvine.

Facing each opponent four times, the Mustangs

will play a 34-game league schedule. In addition to the demanding league schedule the Mustangs will encounter a group of Div. I schools this year.

"This is probably our toughest schedule," said assistant coach Tom Hinkle. The team plays 23 games against Div. I schools this season.

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ABA feels challenge

(continued from page 7)

The other two teams have not fared well. The Nets without the amazing Julius Erving, have had trouble scoring points. Erving was sold to the Philadelphia 76ers for three million dollars. He signed for another three. That much money could probably build a city or buy the moon.

The 76ers are cashing in on the hope that Doctor "J" will lead the team to a few championships. If he does, Philadelphia may return the money dealt out for him by 1980.

San Antonio, at 2-4, has yet to become accustomed to the more physical NBA. Also, they are used to playing in front of a handful of fans. Get them in Madison Square Garden and 19,500 fanatics and they might really freak out.

What the new teams have to prove to the NBA and its die-hard fans is that they can play and play well. Sure, the Ervings, David Thompsons and Larry Kenons will fare well and maybe win a few trophies. But can the nameless players play with the big bad guys? The answer to that question will be known by January.

Maybe the skeptics will be wrong and Denver will face the Nets in the NBA championship series. But don't count on it.

Are you a little out of shape and aren't enrolled in any physical fitness class at Cal Poly?

The San Luis Obispo Recreation Department is offering weight lifting, body conditioning and jogging classes for the public.

A jogging class for novice and experienced runners is being held at 7:00 a.m. on the Laguna Lake Fitness

Trails in Laguna Lake Park. The classes are held on Tuesday, Thursday, Friday and Saturday mornings.

Instructing the class is Cal Poly student Roger Warnes, who supervises the

running program and offers advice on equipment, form and all phases of running fitness, according to Steve Henderson of the recreation dept.

"The program is for anyone," said Phil Niemle

of the recreation dept. Tuesday. "The class can show people the proper way to run."

Also offered is a body conditioning class that combines weight lifting and

muscle toning activities. This program is held Monday through Friday, from 5:00 p.m. to 7:00 p.m. at the Recreation Center on Santa Rosa Street.

The class features a 10-station Universal Weight Machine and rowing machine. Programs are set up for the individual.

Both of the activities are free and open to all ages.

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